

Healthy Indian Foods

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The most popular type of foods are Indian foods. Indian Foods contain various nutrients like carbohydrates, proteins, fat. When these nutrients are consumed in a balanced manner, one can attain a healthy lifestyle. [Indian Restaurant Fort Myers](#) provides one of the best healthy foods in Florida.



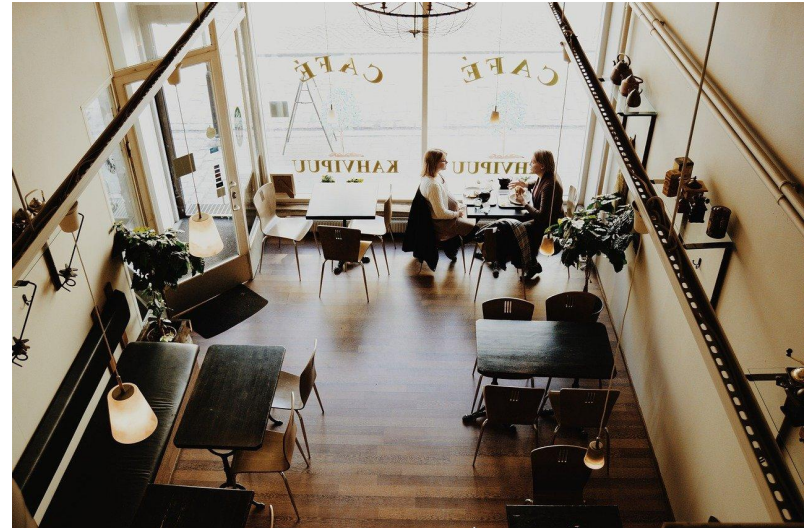
1. **Buttermilk** : Generally it is said that buttermilk usually contains high fat content. But buttermilk does not contain any fat. It is made from low fat cow milk and does not contain any butter. Per cup, buttermilk contains 100 gms of calories and 2gms of fat.
2. **Sambar Dhal** : it is a solid stew made with legumes and chickpeas and also contains a variety of spices. Sambar contains an average of 50 calories, 50 gms of proteins, 2.6 grams of carbohydrates and 1.8 grams of fat.

3. Tandoori chicken: It is made in yogurt and fried in tandoori masala, and a combination of different spices. One entire leg includes approximately 260 calories, 5.0gms carbohydrates, 30.5gms protein and 13.0gms fat.

4. Rajma: Rajama is a North Indian dish made up of red kidney beans with thick gravy and lots of spices and usually served with roti and rice. One serving of 114gms cup consists of approximately 5gms proteins and 120 calories

5. Hara bhara kabab : Hara bhara kabab is a vegetarian kabab, a recipe full of delicious spices, healthy ingredients with a marvelous taste. Per serving includes approximately 2gms protein and 3 calories.

6. Arhar dal: It is a dish made with beans. The nutritional content of one serving is approximately 2.8gms protein, 53 calories, 8.0gms carbs and 1.2gms fat.



7. Bhindi ki sabji : This dish tastes great with hot chapatis and parathas and you've got a good vegetarian meal. Servings of 50gms consists of approximately 5gms protein and 80 calories

8. Sol kadhi: Sol Kadhi is a pink coloured drink which is made from Kokum fruit and Coconut Milk. It is also good for your stomach after a Spicy meal. One glass consists of 138 calories.

9. Chickpea and spinach curry : Lots of spinach brings the green color to this chickpea dish, and curry adds up the flavor. This dish is full of fiber. It consist of approximately 142 calories.

10. Raita: A raita is a simple preparation which is made by adding fruits, vegetables or any other thing to beaten curds. One serve includes about 60 calories.



10. Lobia: Lobia curry is a north-Indian dish, where the soaked and cooked and black-eyed beans are boiled in tomato gravy, with the right blend of spices. One serving of medium bowl consists of approximately 198 calories.

11. lime pie: There's no place else on the globe wherever you'll get a real lime pie. often imitated, it's never done effectively anywhere else. That coagulated good inexperienced ought to be your 1st hint that it isn't the real article. No, the \$64000 lime pie may be a swish, Englishman dream computer for sure. created by recent key limes and consolidated milk, it's dearly commanded in an exceedingly wealthy graham cracker hull and finished off with topping for a definitive sweet, cool and refreshing approach to finish any Floridian dinner in a [vegan Restaurant](#)